THAT WHICH IS CLAIMED IS:

1.   A communications system comprising:

a plurality of communications devices connected together in a network and having a plurality of user accounts associated therewith, at least one of said communications devices processing requests using a hypertext transfer protocol (HTTP) client application associated therewith;

an application server for accessing the user accounts via said HTTP client application; and

an HTTP server for interfacing said HTTP client application with said application server;

said HTTP server and said HTTP client application formatting requests to be communicated therebetween in an HTTP format via the Internet, and each providing additional state information with the HTTP formatted requests recognizable by the other for authenticating the application server and said HTTP client application to one another;

said HTTP client application requesting a first universal resource locator (URL) from said HTTP server for accepting work requests from said application server, and requesting a second URL different from the first URL from said HTTP server for responding to work requests from said application server.

2.   The communications system of Claim 1 wherein the additional state information comprises a global unique identifier (GUID) associated with said HTTP client application.

3.   The communications system of Claim 1 wherein the user accounts comprise email accounts.

4.   The communications system of Claim 1 wherein said HTTP client application and said HTTP server further provide sequencing information with the HTTP formatted requests.

5.   The communications system of Claim 1 wherein said HTTP client application and said HTTP server format the additional state information as HTTP headers for respective HTTP formatted requests.

6.   The communications system of Claim 1 wherein said at least one communications device is within a protected computing environment.

7.   A communications system comprising:
a plurality of communications devices connected together in a network and having a plurality of user accounts associated therewith, at least one of said communications devices processing requests using a hypertext transfer protocol (HTTP) client application associated therewith;
an application server for accessing the user accounts via said HTTP client application; and
an HTTP server for interfacing said HTTP client application with said application server;
said HTTP server and said HTTP client application formatting requests to be communicated therebetween in an HTTP format via the Internet, and each providing a global unique identifier (GUID) associated with said HTTP client application with the HTTP formatted requests for authenticating the

application server and said HTTP client application to
one another;

said HTTP client application requesting a
first universal resource locator (URL) from said HTTP
server for accepting work requests from said
application server, and requesting a second URL
different from the first URL from said HTTP server for
responding to work requests from said application
server, and said HTTP client application and said HTTP
server further providing sequencing information with
the HTTP formatted requests.

8. The communications system of Claim 7
wherein the user accounts comprise email accounts.

9. The communications system of Claim 7
wherein said HTTP client application and said HTTP
server format the additional state information as HTTP
headers for respective HTTP formatted requests.

10. The communications system of Claim 7
wherein said at least one communications device is
within a protected computing environment.

11. A method for accessing a plurality of
user accounts associated with a plurality of
communications device using an application server, the
communications devices being connected together in a
network, and at least one of the communications devices
processing requests using a hypertext transfer protocol
(HTTP) client application associated therewith, the
method comprising:

interfacing the application server with the
HTTP client application using an HTTP server, the HTTP

server and the HTTP client application formatting requests to be communicated therebetween in an HTTP format via the Internet, and each providing additional state information with the HTTP formatted requests recognizable by the other for authenticating the application server and the HTTP client application to one another; and

using the HTTP client application to request a first universal resource locator (URL) from the HTTP server for accepting work requests from the application server, and to request a second URL different from the first URL from the HTTP server for responding to work requests from the application server.

12. The method of Claim 11 wherein the additional state information comprises a global unique identifier (GUID) associated with the HTTP client application.

13. The method of Claim 11 wherein the user accounts comprise email accounts.

14. The method of Claim 11 wherein the HTTP client application and the HTTP server further provide sequencing information with the HTTP formatted requests.

15. The method of Claim 11 wherein the HTTP client application and the HTTP server format the additional state information as HTTP headers for respective HTTP formatted requests.

16. The method of Claim 11 wherein the at least one communications device is within a protected computing environment.